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Relationships, Wellness, and You

R. Maldonado, FIPSE Drug
Prevention Coordinator

This issue of the Commuter Link is dedicated to "relationships" with the self, significant others, and the larger community. Most professionals agree that a healthy self-relationship enhances relationships with others, in the home, at school, or on the job. In an effort to promote healthy lifestyle choices, this issue presents dimensions of health and wellness that directly relate to how one views the self, internally and externally.

As a health educator, it is important to acknowledge that the physical, intellectual, emotional, spiritual, occupational and social aspects of the self are inter-related. The balancing of these elements contributes to a "healthy" perspective of any relationship. It is also necessary to remember that health is reflected on a continuum of exhibited behavior. For example, when an individual evaluates a relationship and asks if the relationship is healthy, the response would be reflected on a continuum. This type of questioning provides a basis for the beginning of a healthy self-relationship.

Also included in the Commuter Link are listings of available resources in the search for a better understanding of the self and others. When one asks for assistance in making appropriate connections, the process can facilitate growth in several of the wellness dimensions. With positive change comes strength and power over the Self.

Barbie's Missing Accessory: Food

Ever since her "coming out" in 1959, Mattel's Barbie has been "on the scene" worldwide, with 700 million dolls sold in more than 1450 countries. The typical American girl owns eight Barbie dolls, not to mention the clothes and other accoutrements specially designed for her, her boyfriend Ken, and her bevy of companions. At one time membership in the Barbie Fan Club was second only to membership in the Girl Scouts.

But little girls who view Barbie as a model of feminine good looks may be getting the wrong message about what a healthy woman's body looks like. If the long-limbed blonde were a real woman, she'd be so lean she probably wouldn't even be able to menstruate, according to a group of researchers reporting from University Central Hospital in Helsinki, Finland.

Judging by their calculations, Barbie's svelte thighs, hips, and stomach - areas where nature intended women to carry fat for the purpose of childbearing - would have far too little padding to give her the 17 to 22 percent body fat a woman needs to have regular periods. Lack of menstruation is one of the signs of anorexia nervosa.

Barbie's not the only plastic beauty that could stand to gain some weight. When researchers looked at the measurements of fashion mannequins manufactured throughout the U.S. they found that since the 1950's and 60's, about the time Twiggy and other lanky-looking models came into vogue, clothing-store dummies have had on the order of only 10 percent body fat.

Mannequins dating back to the 20's, however, are proportioned more like healthy women of normal weight.

Tufts University,
Diet & Nutrition Letter,
Vol. 11, No. 11, January 1994



Career Corner

Recruiting Trends
1993-94
Executive Summary

The first increase of hiring intentions in five years is projected. Surveyed employers report an anticipated increase of 1.1%, suggesting a turnaround in the job market and increased job opportunities for new college graduates.

Employer categories expecting the greatest increases in hiring of new college graduates in 1993-94 included: tire, rubber, and allied products; hotels, motels, restaurants, and recreational facilities; automotive equipment; food and beverage processing, hospitals and health care services; aerospace and components; banking, finance, and insurance; and petroleum and allied products.

Academic majors in short supply were chemical engineering, electrical engineering, chemistry, and MBA's, according to top surveyed employers. Shortages of minority and women college graduates in technical and business fields were also reported.

New and emerging occupations, as reported by surveyed employers, include: computer and high technology related occupations, business systems analysts, environmental scientists and engineers, health care and medical specialists, and communications and multimedia specialists.

New graduates were encouraged to be realistic in their career expectations and consider accepting an entry-level position to enhance or develop job skills. Also suggested was the acquisition of additional skills (such as a foreign language, computer programming, or accounting), which may prove helpful to prospective

employers. A willingness to relocate was also cited as a factor to increasing job prospects.

Of new college graduates hired during 1992-93, 1.2% were full-time contract or temporary personnel. New graduates were encouraged to explore this option as a means of gaining experience and a possible "edge" within an organization.

Hiring new college graduates to work throughout a lifetime for one organization is a theoretical ideal, but it is not a realistic expectation, according to responding employers. Change is now a constant, and preparation for change is a necessity. Corporate restructuring and downsizing are continuing, so employers can only maintain new hires in jobs as long as there is work.

When advising new college graduates on unique places to consider for job opportunities, employers recommended working for small to medium sized companies, niche sectors of the economy, temporary contract agencies, searching in certain geographical areas of the United States, and pursuing openings in international/overseas areas.

Starting salary offers to new college graduates hired this year (1993-94) are expected to be 0.4% to 1.6% higher than a year earlier. Highest among starting salaries this year for bachelor's degree graduates are chemical engineering (\$40,341); mechanical engineering (\$35,369); electrical engineering (\$34,979); industrial engineering (\$33,348); computer science (\$32,446); nursing (\$29,868); civil engineering (\$29,547); and geology (\$28,414).



When hiring new college graduates for their organizations, surveyed employers felt certain criteria were more important job performance indicators than others. Heading their list were the ability to accept responsibility, honesty, and integrity. Next on the list were sincerity, genuine person, eagerness, enthusiasm, decision-making skills, critical thinking and logic skills, and initiative.

Some common mistakes made by new college graduates when interviewing with prospective employers were noted. Most prominent among employer suggestions was advice that new graduates adequately prepare prior to the interviewing situation and try not to shoot from the hip, because it will not work.

*This overview was prepared by the
Collegiate Employment Research
Institute, Dec. 3, 1993, Michigan State
University.



Violence in Dating Relationships

What is Dating Violence?

Dating violence is defined as the occurrence of physical, emotional/psychological, or sexual abuse in dating relationships. Physical violence includes such acts as pushing, hitting, shoving, choking, slapping, hair pulling, use of weapons, and forced sexual relations. Abuse may also take the form of destruction of personal property or harming pets.

Emotional or psychological abuse includes threats, ridicule, name calling, withholding affection, controlling where a person goes, who can be a person's friend, and what a person wears. This type of abuse is systematic and purposeful, giving power to the violent partner. It has been suggested that while physical violence is more immediately damaging, the effects of emotional abuse may be more long term and devastating.

Dating violence occurs at all socio-economic levels, educational, racial and age groups. In some cases the violence is reciprocal, with a person both receiving and committing violent acts.

It had been assumed that violence occurred only after couples were married; however, research shows that 25% to 50% of dating couples experience some type of violence.

Indicators of Violent Relationships:

- ◆ Was your partner abused as a child?
- ◆ Was your partner's mother abused by his/her father?
- ◆ Does your partner get into a lot of fights or lose his/her temper more easily than seems necessary?
- ◆ Has there been abuse in previous relationships?
- ◆ Does your partner deal with anger violently, slamming doors, or kicking animals?
- ◆ Do your arguments include name calling and ridiculing each other?
- ◆ Is there an unusual amount of jealousy or possessiveness?
- ◆ Do you feel afraid when your partner becomes angry and is not making him/her angry an important part of your behavior?
- ◆ Does your partner have a drinking problem?
- ◆ Is your partner very traditional about roles men and women should play in relationships? (Do they show a lack of respect for the rights and abilities of women?)



Why Dating Violence Occurs

Violence in a dating relationship occurs most often as a result of an argument. Not all arguments end in violence, but some people react violently when angered in an argument because they have learned to do so. People who have witnessed or experienced abuse as children are more likely to be involved in violent relationships as adults; however, there are violent relationships made up of people having no previous experience with abuse.

In some cases violence will end an argument. When this occurs and the honeymoon phase of the cycle follows, the violence is in fact reinforced because it ended the argument and intimacy was re-established. In other cases violence is used to manipulate or control to enable people to have power over their partners.

If anger causes violence during arguments, it is important to understand what dating couples are arguing about. Arguments occur about one or both partner's alcohol drinking behavior. For persons prone to violence, drinking may lower their inhibitions and increase the probability violence will occur.

The most common arguments involve jealousy. Initially, jealousy is flattering and is a less anxiety producing way of expressing affection. There is a threshold at which jealousy becomes detrimental to the relationship causing a person to change his/her behavior (not seeing certain friends or wearing certain clothes) because of his/her partner's jealousy.



What To Do...If You Are In A Violent Dating Relationship Or Know Someone Who Is

- ◆ Think first of physical safety. Get away from the violent person and make sure you are safe.
- ◆ Reach out for help from family, friends, teachers, or the police.
- ◆ Contact BRASS (Barren River Area Safe Space, Inc.) at 843-1183, 24 hours a day.
- ◆ Learn more about abuse issues.
- ◆ Remember, once it starts it usually gets more frequent and more severe.
- ◆ Be realistic and realize that as much as you would like to, you cannot change your violent partner's behavior.
- ◆ If you are the violent person make the decision to change, and be committed strongly enough to seek help and carry through with it.

Source: *Violence in Dating Relationships* a brochure developed by BRASS, Inc.

Why People Stay in Violent Relationships

- ◆ They love each other.
- ◆ Dating is important for young people and is seen as a reflection on their self image, thus, a violent relationship is better than no relationship at all.
- ◆ They feel they have no alternatives to this relationship. The verbal abuse leaves them believing they are undesirable, or that no one else would want to date them.
- ◆ Some don't want any other change in the relationship other than for the violence to stop.
- ◆ Jealousy and possessiveness result in isolation from friends and they feel they have no where to turn.
- ◆ They are afraid to tell their parents or teachers for fear the disclosure will get one or both of them in trouble.
- ◆ They have no idea that services are available to help them.
- ◆ Often threats of harm are made if the person tells anyone or tries to end the relationship.
- ◆ Some people do not realize they have a right to not be abused or that it is a crime.
- ◆ Many females are raised to believe that good relationships are their responsibility not the males'.

Recognizing the Cycle of Violence

Phase I Tension Building

During this phase tension escalates. It may be due to stress, jealousy, or other such factors leading to increased friction and hostility.

Phase II Battering

This phase is characterized by a discharge of the built-up tension. May include physical battering or emotional/psychological abuse. As the cycle of violence continues to occur, physical violence tends to worsen in severity.

Phase III Honeymoon or Contribute

This phase explains in part why violent relationships continue. Apologies are made. It is a very loving stage and may include gift giving and promises that the violence will not happen again.

Things are calm until the cycle repeats itself. This cycle is typical of most abusive relationships and will be repeated until the victim takes steps to stop the cycle.

Growing Up Drug Free. A Parent's Guide to Prevention

U.S. Department of Education,
(1992) Washington, D.C.

Child rearing is one of the most important tasks anyone ever performs, and the one for which there is the least preparation. Most of us learn how to be parents through on-the-job training and by following the example that our parents set.

Today the widespread use of alcohol and other drugs subjects our children, families, and communities to pressures unheard of 30 to 40 years ago. Frankly, many of us need help to deal with this frightening threat to our children's health and well-being.

Recent surveys show that we are making progress in our national battle against some drugs. Casual works to prevent drug use by our young people.

As parents, we can build on that progress in our own families by having strong, loving relationships with our children, by teaching standards of right and wrong, by setting and enforcing rules for behavior, by knowing the facts about alcohol and other drugs, and by really listening to our children." (p.1)

This resource and prevention guide provides principles in education when communicating with children about drugs. The guide is available for free distribution at the Student Health Service, Wellness Resource Center.

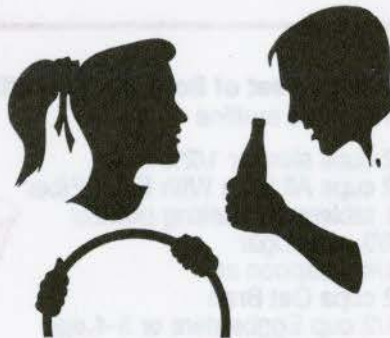
S.O.T.A. (Students Over Traditional Age)

S.O.T.A. is an on-campus organization established to enhance the lives of all non-traditional students.

Recent developments:
On-campus housing will be available for non-traditional students beginning the Fall semester of 1994. Western's Housing office will provide residential floors at Florence Schneider Hall and private rooms at Pearce Ford Tower.

Call 745-2037 for more information.

"Here...
one for the road."



The Power to be You.

For more information, visit the Student Health Service in the Academic Complex or call 745-6438.

Children and Alcohol

Parents who are clear about not wanting their children to use illicit drugs may find it harder to be tough about alcohol. After all, alcohol is legal for adults, many parents drink, and alcohol is a part of some religious observances. As a result, we may view alcohol as a less dangerous substance than other drugs. The facts say otherwise:

- ◆ 4.6 million teenagers have a drinking problem.
- ◆ 4 percent of high school seniors drink alcohol every day.
- ◆ Alcohol-related accidents are the leading cause of death among young people 15 to 24 years of age.
- ◆ About half of all youthful deaths in drowning, fires, suicide, and homicide are alcohol-related.
- ◆ Young people who use alcohol at an early age are more likely to use alcohol heavily and to have alcohol-related problems; they are also more likely to abuse other drugs and to get into trouble with the law.
- ◆ Young people whose body weight is lower than adults reach a higher blood alcohol concentration level than adults and show greater effects for longer periods of time. (p.3)

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For Your Information:

Women in Transition

Are you over twenty-four years old? Female? Feeling overwhelmed, looking for information about how the University operates? Are you short of time, money, and "know-how" about survival?

Come by Garrett 102 and visit the WIT room, a lounge area for Women in Transition and a student-run support group for women over the age of twenty-five. Introduce yourself, meet friends, see what WIT offers. If you think this organization can help you, sign up for membership!

Students established WIT in 1987 because they felt that the "older" women students needed help, help that they could give each other, and a place where they could be with people of their own age and interest.

WIT services include:

- ◆ lockers
- ◆ refrigerator and microwave use
- ◆ computer job searches
- ◆ free clothes exchange
- ◆ noon-time seminars on various topics
- ◆ telephone access
- ◆ relocation service
- ◆ vacancy lists
- ◆ info. on free tutors

FOR MORE INFORMATION CALL PAULA TRAFTON,

The Western Kentucky "Inn"

The Continuing Education Center makes campus accommodations available to groups and individuals visiting WKU. Room charges include bed linens, towels, wash cloths and a telephone.

Rates range from \$20 to \$25/night. Monthly rates are also available

For further information on reservations, or to tour the facility, please call
Rebecca Alderson at
745-4137.



A.P.P.L.E.

Almost a Quiche

- 1 small onion, very thinly sliced, separated into rings
- 1 tablespoon plus 1 teaspoon imitation bacon bits
- 4 ounces shredded Swiss cheese
- 4 egg substitutes
- 2 cups skim milk
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon plus 1 teaspoon reduced-calorie margarine
- 2 tablespoons plus 2 teaspoons all-purpose flour
- 2 slices white or whole wheat bread, crumbled
- 1/2 teaspoon baking soda
- Dash ground nutmeg

Preheat oven to 350. Spread onion rings in a 9-inch pie pan that has been sprayed with a nonstick cooking spray. Sprinkle with bacon bits, and then cheese. Combine remaining ingredients in a blender. Blend for 3 minutes. Pour evenly over onion mixture. Let stand 5 minutes. Bake 35 to 40 minutes, until top is lightly browned. Let stand 5 minutes before cutting. Makes 4 servings.

Alice's Best of Both World Muffins

Yield: 18 muffins

- 2 cups skim or 1/2% milk
- 2 cups All Bran With Extra Fiber
- 1 tablespoon baking powder
- 2/3 cup sugar
- 1/4 teaspoon salt
- 2 cups Oat Bran
- 1/2 cup Eggbeaters or 3-4 egg whites, slightly beaten
- 2 tablespoons vegetable oil

Soak All Bran in milk 15-20 minutes (or microwave on high power for 1 1/2 minutes). Mix remaining dry ingredients. Add oil, eggbeaters and All Bran/milk mixture all at once. Stir only until combined. Divide evenly into 18 muffin tins (lined or sprayed with Pam). Bake at 400 degrees for 15 minutes.

Per serving:
Calories: 100
Dietary Fiber: 4 grams
Fat: 2.5 grams
Sodium: 150 mg



THE 6 MOST IMPORTANT WORDS

"I admit I made a mistake."

THE 5 MOST IMPORTANT WORDS

"You did a great job."

THE 4 MOST IMPORTANT WORDS

"What is your opinion?"

THE 3 MOST IMPORTANT WORDS

"I love You."

THE 2 MOST IMPORTANT WORDS

"Thank You."

THE LEAST IMPORTANT WORD

"I"

Use It or Lose It!

Physical activity helps you gain muscle strength and bone thickness. Walk, swim, dance, bike, row or skate today.



Book Review:

by: J. Wood, Graduate Assistant for Student Health Service
Maya Angelou, in her most recent work, **Wouldn't Take Nothing For My Journey Now**, offers a glimpse of her philosophies on life from an African-American perspective. As the title indicates, with each life event there is a lesson to be learned. Angelou extracts from her own experiences valuable life "lessons" and offers a plethora of wisdom.

Born Marguerite Johnson, Angelou was raised in Stamps, Arkansas with her brother Bailey, under the tight but loving reigns of her grandmother - Mrs. Annie Johnson. References to the ongoing instruction provided by Mrs. Johnson are found in the chapters entitled, "Complaining" and "New Directions." In these two chapters the reader gains an understanding of the futility of complaining and the spirit of entrepreneurship.

In additional essays, Angelou explores the dynamics of relationships, death, cultural diversity, femininity, and other salient issues. The anchor to these discussions is the understanding of the Spirit. Angelou makes the most profound statements concerning spirituality. In the chapter "In the Spirit" she writes:

*I believe that the Spirit is one and is everywhere present.
That it never leaves me. That in my ignorance I may
withdraw from it, but I can realize its presence the
instant I return to my senses (33-34).*

After reading this novelette it is easily understood why Angelou was selected as the 1993 Inaugural poet. With her fluid yet concise style she speaks to a pluralistic nation not of despair but of hope and the value of the journey.

Also by Maya Angelou:

And Still I Rise

Gather Together in My Name

The Heart of a Woman

I Know Why the Cage Bird Sings

Just Give Me a Cool Drink of Water 'fore I Die

Oh Pray My Wings Are Gonna Fit Me Well

Singin' an Swingin' and Gettin' Merry Like Christmas

Shaker, Why Don't You Sing?

All God's Children Need Travelling Shoes

I Shall Not Be Moved

On the Pulse of Morning

Community Resources

Alcohol Information and Treatment Centers

AA District 3 Intergroup Office
1013 E. 13th Avenue
745-5267

Bridgeway Leap Outpatient Treatment and Education

1136 U.S. Hgwy. 31-W By Pass
842-4991

Counseling Associates
1725 Ashley Circle
782-6121

Full Life Counseling Service
1167 U.S. Hgwy. 31-W By Pass
782-0677

LifeSkills Inc.
640 Wright Avenue
726-3629

Park Place Recovery Center
822 Woodway Drive
842-2696

Reservoir Hill Care Center
800 Park Street
796-5100

**Western Kentucky University
Counseling Services Center**
Tate Page Hall 408
745-3159

**Western Kentucky University
Student Health Service**
Academic Complex, Room 139
745-5641

Rape Crisis and Prevention

**The Rape Crisis and
Prevention Center**
Crisis Line 1-800-347-1848
Business Office 782-5014
782-5017.

(con't. from page 5)

Facts on Tobacco

We know that smokers are 10 times as likely as non-smokers to develop lung cancer and 3 times as likely to die at early ages from heart attack. In fact, in 1985, smoking was the leading cause of early death among adults. Nicotine, the active ingredient in tobacco, is as addictive as heroin, and fewer than 20 percent of smokers are able to quit the first time they try. Despite these facts, many children use these products.

- ◆ 18 percent of high school seniors are daily smokers.
- ◆ 11 percent smoke 10 or more cigarettes a day.
- ◆ Young people who use cigarettes are also at great risk for all other drug use.

- ◆ 70 percent of all children try cigarettes, 40 percent of them before they have reached high school.
- ◆ Cigarettes contain more than 4,000 harmful substances, several of which cause cancer.
- ◆ 12 percent of boys and 1 percent of girls have chewed tobacco or used snuff.
- ◆ Smokeless tobacco is just as addictive and harmful as tobacco that is smoked. (p.4)

Observe always that everything is the result of change, and get used to thinking that there is nothing Nature loves so well as to change existing forms and make new ones like them.

Learn When to Let Go...



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CATCH THIS...

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Commuter Link

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